

iVámonos!

SANTA FE WALKS

Join us for 42 free walks on public trails in the Santa Fe community.

The Santa Fe Conservation Trust created The Santa Fe Walking Collaborative to help you to walk more! We've put together 42 in-town walks on trails near Santa Fe's parks from May through October 2018. They are free, last about an hour, and are led by interesting Santa Feans.

12 Benefits of Walking

From the Arthritis Foundation: www.arthritis.org

What's not to like about walking? It's free. It's easy to do, and it's easy on the joints. And there's no question that walking is good for you. Walking is an aerobic exercise; a University of Tennessee study found that women who walked had less body fat than those who didn't walk. It also lowers the risk of blood clots, since the calf acts as a venous pump, contracting and pumping blood from the feet and legs back to the heart, reducing the load on the heart. Walking is good for you in other ways as well.

1. Walking improves circulation
2. Walking shores up your bones
3. Walking leads to a longer life
4. Walking lightens mood
5. Walking can lead to weight loss
6. Walking strengthens muscles
7. Walking improves sleep
8. Walking supports your joints
9. Walking improves your breath
10. Walking slows mental decline
11. Walking lowers Alzheimer's risk
12. Walking helps you do more

THE SCHEDULE

May through October, 2018

Walk with a Doc - Southwest Care Center

The first Tuesday of every month from 5:30 to 6:30 pm
Meet at Santa Fe River Trail on West Alameda Street, across from Casa Solana

Walk with a Notable Local

The fourth Tuesday of the month from 5:30-6:30 pm
Meet at Plaza Contenta, 6009 Jaguar Drive (across from Cesar Chavez Elementary School)

Walk with a Community Health Worker

(se habla español)
The third Tuesday of the month from 5:30-6:30 pm
Meet at Plaza Contenta, 6009 Jaguar Drive (across from Cesar Chavez Elementary School)

ADA/Seniors Walk

The third Friday of the month from 10-11 am
Meet at the tennis courts behind the Mary Esther Gonzales Senior Center at Bicentennial / Alto Park (1121 Alto Street)

Family Walk

Second Saturday of the month from 9-10 am
Meet at the Railyard Park Community Room behind SITE Santa Fe

Early Morning Walk with the Faith Community

Second Wednesday of the month at 7 am
Meet at the tennis courts at Bicentennial / Alto Park (1121 Alto St)

Walk with a Doc - CHRISTUS St. Vincent

3rd Thursday of the month at 5:15 pm Two locations: Arroyo de los Chamisos Trail at Villa Linda Park or CHRISTUS St. Vincent Campus Trail

**FOR A COMPLETE SCHEDULE
go to sfct.org/vamonos**

Santa Fe Walking Collaborative Members



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CONSERVATION
TRUST

